



Natural Solutions for  
Your Health



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Saturday, June 11

## Best foods to eat For

Best foods to eat for: Weight Loss, Weight Gain, Pre-workout, Post-workout, Metabolism, Running, Burn Belly Fat, Happiness, Bad Mood, Negative Calories, Healthy Brain, Pregnancy.

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# FOODS TO EAT FOR **MUSCLE GAIN**

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**FRUITS &  
VEGETABLES**



**SKINLESS  
CHICKEN**



**COTTAGE  
CHEESE**



**LOW FAT  
MILK**



**WHEY  
PROTEIN**



**TUNA**



**LEAN BEEF**



**TURKEY**



**EGGS**

# FOODS TO EAT FOR GOOD FATS

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**CHEESE**



**DARK  
CHOCOLATE**



**WHOLE  
EGGS**



**NUTS**



**COCONUT AND  
COCONUT OIL**



**OLIVE OIL**



**PEANUT  
BUTTER**



**PISTACHIOS**



**WALNUTS**

# FOODS TO EAT FOR ENERGY

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**HONEY**



**APPLES**



**SPINACH**



**ALMONDS**



**YOGURT**



**BEANS**



**OATS**



**SWEET  
POTATOES**



**EGGS**

# FOODS TO EAT FOR **WEIGHT LOSS**

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**APPLE**



**OATS**



**GREEN  
TEA**



**WATERMELON**



**SALMON**



**LOW FAT  
YOGURT**



**CRANBERRY  
JUICE**



**MUSHROOMS**



**ALMONDS**

# FOODS TO EAT FOR **NEGATIVE CALORIES**

PER 100 gm

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**CUCUMBER**  
(16 CALORIES)



**CELERY**  
(16 CALORIES)



**TOMATOES**  
(17 CALORIES)



**CAULIFLOWER**  
(25 CALORIES)



**CABBAGE**  
(25 CALORIES)



**TURNIPS**  
(25 CALORIES)



**LEMONS**  
(29 CALORIES)



**WATERMELON**  
(30 CALORIES)



**BROCCOLI**  
(34 CALORIES)

## FOODS TO EAT TO OVERCOME BAD MOOD

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Stressed



**CHOCOLATES**

Sluggish



**SPINACH**

Cranky



**APPLE &  
PEANUT BUTTER**

Anxious



**SALMON**

Angry



**GREEN TEA**

PMS



**EGG-SALAD  
SANDWICH**

Sad



**LOW FAT  
MILK**

Upset



**BANANA**

Nervous



**WHOLE WHEAT  
BREAD**

# FOODS TO EAT BEFORE WORKOUT

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**SMOOTHIES**



**OATMEAL WITH  
FRESH FRUITS**



**EGG  
WHITES**



**BANANA-PEANUT  
BUTTER TOAST**



**HEARTY  
SALAD**



**YOGURT WITH WHOLE  
GRAIN CEREAL**



**GRANOLA  
BAR**



**BLACK  
COFFEE**



**HUMMUS &  
PITA**



# FOODS TO EAT FOR VEG PROTEIN

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**BROCCOLI**



**BEANS  
& PULSES**



**SOYBEAN**



**SPINACH**



**CAULIFLOWER**



**MUSHROOMS**



**GREEN  
PEPPER**



**PEANUT  
BUTTER**



**OATMEAL**

# FOODS TO EAT FOR SNACKS

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**Whole Wheat Toast  
with Peanut Butter**



**Fruit  
Smoothies**



**Yogurt, Berries  
& Honey**



**Dry Fruit  
and Nuts**



**Hard Boiled  
Eggs**



**Low Fat Chocolate  
Milk**



**Protein Shake**



**Veggies with  
Spinach Dip**



**Granola Bar**

# FOODS TO EAT FOR HYDRATION

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**CUCUMBERS**



**WATERMELON**



**PINEAPPLE**



**TOMATOES**



**BLUEBERRIES**



**PEAR**



**GRAPEFRUIT**



**LETTUCE**



**MELON**

# FOODS TO EAT FOR Dinner

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**SOUP**



**SALAD**



**GRILLED  
CHICKEN**



**GREEN  
VEGGIES**



**FISH**



**MUSHROOMS**



**SWEET  
POTATOES**



**BROWN RICE**



**SWEET CORN**

# FOODS TO EAT FOR **BREAKFAST**

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**OATMEAL**



**MUESLI**



**GRAPEFRUIT**



**WATERMELON**



**GREEK  
YOGURT**



**ALMOND  
BUTTER**



**SMOOTHIES**



**WHOLE  
BREAD**



**EGGS**

# FOODS TO EAT FOR CARBS

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**BANANAS**



**SWEET  
POTATOES**



**OATS**



**WHOLE WHEAT  
BREAD**



**QUINOA**



**BLUEBERRIES**



**BROWN RICE**



**KIDNEY  
BEANS**



**CHICKPEAS**

# FOODS TO EAT TO **BURN BELLY FAT**

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**OATMEAL**



**BERRIES**



**LEAN MEAT**



**NUTS**



**GREEN TEA**



**WHOLE  
GRAINS**



**EGGS**



**WHEY  
PROTEIN**



**GREEN  
VEGGIES**

# FOODS TO EAT DURING PREGNANCY

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**EGGS**



**LEAN MEAT**



**WHOLE  
GRAIN**



**SOY MILK**



**SALMON**



**GREEK  
YOGURT**



**BEANS &  
LENTILS**



**KALE &  
SPINACH**



**NUTS &  
SEEDS**



# FOODS TO EAT FOR **HAPPINESS**

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**BELL  
PEPPERS**



**COCONUT**



**DARK  
CHOCOLATE**



**ASPARAGUS**



**MUSSELS**



**CHERRY  
TOMATOES**



**HONEY**



**ORANGE**



**GRASS-FED  
BEEF**

# FOODS TO EAT FOR **RUNNING**

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**DARK  
CHOCOLATE**



**PASTA**



**WHOLE WHEAT  
BREAD**



**SWEET POTATO**



**SALMON**



**BERRYS**



**BANANA**



**ORANGE**



**CEREAL**

# FOODS TO EAT FOR METABOLISM

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**CUCUMBER**



**SPINACH**



**LETTUCE**



**TOMATO**



**WATERMELON**



**APPLES**



**GARLIC**



**GREEN TEA**



**LEMON**

# FOODS TO EAT FOR PROTEIN

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**EGGS**



**ALMONDS**



**OATS**



**CHICKEN  
BREAST**



**COTTAGE  
CHEESE**



**BROCCOLI**



**FISH**



**BEANS &  
PULSES**



**PEANUTS**

# FOODS TO EAT FOR LUNCH

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**BEANS**



**SALAD**



**BROWN  
RICE**



**YOGURT**



**BOILED  
VEGGIES**



**BANANA**



**KIWI**



**WHOLE GRAIN  
MUFFIN**



**WHOLE GRAIN  
BREAD**

# FOODS TO EAT AFTER WORKOUT

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**EGG  
SCRAMBLE**



**WHEY  
PROTEIN**



**AVOCADO  
TOAST**



**PROTEIN  
BAR**



**COTTAGE CHEESE  
AND FRUIT**



**GREEK YOGURT  
WITH FRUIT**



**SALMON &  
TUNA**



**APPLE &  
PEANUT BUTTER**



**DRIED FRUITS  
& NUTS**

# FOODS TO EAT FOR HEALTHY BRAIN

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**WHOLE  
GRAINS**



**EGGS**



**ALMONDS &  
WALNUTS**



**BERRIES**



**SEEDS**



**AVOCADOS**



**SPINACH**



**BANANA**



**DARK  
CHOCOLATE**

Key words of the Post:

Foods to eat for Muscle Gain

Foods to eat for Good Fats

Foods to eat for Energy

Foods to eat for Weight Loss

Foods to eat for Negative Calories

Foods to eat for Overcome bad mood

Foods to eat for Before workout

Foods to eat for Veg Protein

Foods to eat for Snacks

Foods to eat for Hydration

Foods to eat for Dinner

Foods to eat for Breakfast

Foods to eat for Carbs

Foods to eat for Burn Belly fat

Foods to eat for During Pregnancy

Foods to eat for Happiness

Foods to eat for Running

Foods to eat for Metabolism

Foods to eat for Protein

Foods to eat for Lunch

Foods to eat for After Workout  
Foods to eat for Healthy Brain



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